

WELLNESS WEEK

EAT • SLEEP • MOVE

#RetrieveYourWellness

FLU SHOT CLINIC

OCT
17

COMMUTER
LOUNGE
4PM-6PM

OCT
18

COMMONS
MAINSTREET
11AM-2PM

OCT
19

COMMONS
MAINSTREET
11AM-2PM

OCT
17

Wellness Expo

TUESDAY | RAC | 11AM-2PM

Organizations from around the area will be tabling about the resources they have to offer you!

OCT
18

Group Fitness

WEDNESDAY | RAC FITNESS STUDIO

4PM Yoga w/ Maureen | 5PM POP Pilates w/ Cat | 6PM Pound w/ Jenn

OCT
19

The Kickback (with Food Trucks)

THURSDAY | ERICKSON FIELD | 11AM-2PM

Open play ultimate frisbee, drop-in fitness, inflatable obstacle course, trail mix bar, food trucks and more!